



A publication of the

AMERICAN ASSOCIATION OF DIRECTORS OF CHILD AND ADOLESCENT PSYCHIATRY



Summer 2021

TABLE OF CONTENTS

Executive Committee, Committee Chairs, and Editorial Board	3
President’s Message	
<i>D. Richard Martini, MD</i>	4
AADCAP’s 2021 Fall Meeting via Zoom	5
Work Group on Racism and Health Disparities: Update	5
Editor’s Column: The History of Remembered History	
<i>Marty Drell, MD</i>	6
Book Reviews on Racism	7
Soul by Soul (Walter Johnson, 2019)	
New Jim Crow: Mass Incarceration in the Age of Color Blindness (Michelle Alexander, 2010)	
The Warmth of Other Suns (Isabel Wilkerson, 2010)	
New Division Directors’ Roundtable	8
In Memoriam: James C. Harris, MD	8
A Brief History of Frederick Douglas with quotes.....	12

American Association of Directors of Child and Adolescent Psychiatry

2020-2021 Executive Committee and Committee Chairs

<http://www.aadcap.org/home0.aspx>



D. Richard Martini, MD
President



Tami Benton, MD
President-Elect



Victor Fornari, MD
Immed. Past President



Mike Sorter, MD
Secretary-Treasurer



David Axelson, MD
Program Chair



Sheila Marcus, MD
Membership Chair

Committee Chairs

Administration

John Walkup, MD

Larry Wissow, MD

Clinical

James Waxmonsky, MD

Margaret “Meg” Benningfield, MD

Research

Jeremy Veenstra-VanderWeele, MD

Gary Maslow, MD

Training & Education

Sandra Sexson, MD

Yael Dvir, MD

Emeritus

Steven Cuffe, MD

Bennett Leventhal, MD

AADCAP Newsletter

Editorial Board

Marty Drell, MD

Philip Baese, MD

Managing Editor

Earl Magee

PRESIDENT'S MESSAGE

Dear AACAP Members:



The past year has been remarkable for Division and Department Directors of Child and Adolescent Psychiatry and different than any year in recent memory. COVID changed how we practiced, presented challenges around the delivery of care, and increased the demand for urgent and emergent services. AACAP responded and worked to support membership as they stepped up to meet these challenges. The New Division Directors Roundtable (NDDR) was held virtually and rescheduled to September 25. Dr. Drell provided an overview for new heads of child and adolescent psychiatry. Dr. Fornari distilled his experience down to 10 basic recommendations for new directors, and Dr. Benningfield provided advice for those directors negotiating the first few years of their tenure in a leadership position. The quality of the presentations and the level of participation was outstanding. The content is available on AACAP's website.

AACAP's Executive Committee decided to schedule a virtual meeting in October that coincided with the virtual meeting of the American Academy of Child and Adolescent Psychiatry (AACAP). The committees in AACAP selected the topics and invited the speakers. Dr. David Axelson, Program Chair, reviewed the content of the presentations and chaired the session. The Administration Committee under the leadership of Drs. John Walkup and Larry Wissow focused on the development of integrative care in pediatric practice and invited Mr. Chris Haen from Lurie Children's Hospital to discuss the development of a program across the Chicagoland area. The Clinical Affairs Committee under the leadership of Drs. Jim Waxmonsky and Meg Benningfield invited Dr. Myo Thwin Myint from Tulane University to review the assessment and intervention for youth exposed to trauma during the COVID pandemic. The Training and Education Committee under the leadership of Drs. Sandra Sexson and Yael Dvir invited Drs. Auralyd Padilla, and Elizabeth Degrush from the University of Massachusetts Medical School to discuss how to identify and address microaggressions. The Research Committee under the leadership of Drs. Jeremy Veenstra-VanderWeele and Gary Maslow presented a review based on their experience on how to develop scholarship in Divisions of Child and Adolescent Psychiatry. All material from these presentations is available on AACAP's website. Over 60 members attended the session and the level of participation was remarkable.

A retreat on racism sponsored by the Workgroup on Racism and Health Disparities, chaired by Dr. Tami Benton, is scheduled for February 18. The goal is to not only consider disparities in healthcare and the reasons behind them, but also to develop proposals to assist Directors of Child and Adolescent Psychiatry as they address this issue in the programs they develop, the research they support, and the trainees they educate. The meeting will be virtual and will be structured in a way that encourages participation and the free exchange of ideas. There is no more important issue in this country, and the responsibilities that we carry for the mental health care of children give us an opportunity to make a difference. If you have not already signed up for the session, I hope that you will.

The Executive Committee is considering meeting options for the coming year. We anticipate a virtual meeting in the spring, either at the end of April or the beginning of May. The session will include a focus on AACAP administration including the budget, membership, and reports from the Work Group on Racism and Health Disparities and the Mentor Program from the Emeritus Committee. The spring meeting will also provide an opportunity for committee members to meet and plan for the fall session. We will likely invite speakers from AACAP's Executive Committee, AACAP's Task Force on the Crisis in Recruitment, and NIMH to provide updates. The role of telepsychiatry in the provision of psychiatric care for children now and in the future is an issue that warrants review and discussion. A presentation on Telehealth in the Post-COVID World will be scheduled in the

(Continued on page 9)

AADCAP's 2021 Fall Meeting via Zoom: October 18, 2021 12:00-3:00 pm ET

AADCAP looks forward to our 2021 Fall Meeting on Monday, October 18, 2021 from 12:00 Noon – 3:00 PM Eastern time. The meeting program has three parts.



Part 1 entitled, **Minority Faculty Retention and Recruitment: An Evidence-based Presentation**, will feature our keynote

speaker, **Quinn Capers, MD**. At the University of Texas Southwestern Medical Center, Dr. Capers is the Rody P. Cox MD Professor in Internal Medicine, the inaugural Vice Chair for Diversity and Inclusion for the Department of Internal Medicine, and Associate Dean for Faculty Diversity. Dr. Capers will share practical strategies to improve recruitment and retention of minority faculty. Moderated by John Walkup, MD and Larry Wissow, MD, co-chairs of the Administration Committee, there will be ample time for questions and discussion.

Part 2 is sponsored by the Training & Education Committee and is entitled, **Using Trainees to Improve Access to Child and Adolescent Psychiatry Services**. It will include presentations and discussion facilitated by the

committee co-chairs Yael Dvir, MD and Sandra Sexson, MD.

Part 3 is sponsored by the Clinical Affairs Committee and will feature **Vera Feuer, MD** presenting on the **Use of School-based Services to Improve Access**. Dr. Feuer is the **Associate Vice President of School Mental Health and Director of Emergency Psychiatry**



and Behavioral Health Urgent Care at Cohen Children's Medical Center, Northwell Health. She is an Associate Professor of Psychiatry, Pediatrics and Emergency Medicine at Zucker SOM at Hofstra Northwell. Discussion will be moderated by committee co-chairs Meg Benningfield, MD and James Waxmonsky, MD.

Given that the AACAP Annual Meeting is not in person, we will be meeting virtually. We have found the virtual format has worked well for prior meetings. Questions and discussion have been robust

Work Group on Racism and Health Disparities: Update



Tami Benton, MD

AADCAP's Work Group on Racism and Health Disparities, chaired by Tami Benton, MD, presented at the 2021 Spring Meeting on Thursday, April 29, 2021 from 12:00 - 3:00 p.m. ET. Dr. Benton reviewed the work group goals and process plus the four goals to achieve those goals. Goal #1 is increasing awareness about racism and health care and health disparities among division

directors. Goal #2 is recruiting, retaining, and developing diverse faculty who understand race and culture and its impact on society and the children we treat to address disparities in health care

Development of an antiracist and diverse workforce that will be inclusive, encouraging mentorship and sponsorship opportunities. Goal #3 is improving our service systems, particularly those delivered by DCAP's, to improve access and effectiveness of services for diverse populations (including financial, logistic, and admin challenges). And, Goal

(Continued on page 9)

The History of Remembered History

"Those who don't know history are destined to repeat it."

--Spanish Philosopher George Santayana



Marty Drell, MD

For my A A D C A P Editor's column, I will continue in the spirit of my previous contributions which have focused on racism. As a spectator of current events, a longstanding lover of history, and a member of the AADCAP's Workgroup on Racism and Health Disparities, I continue to read and write book reviews on bestselling books on racism. In addition, I have written short biographies of past civil rights leaders. In this issue, I will share with you three book reviews, as well as an article on Frederick Douglas, complete with quotes.

During my reading, there is never a time when I don't end up repeatedly saying to myself, "I didn't know that" or "Isn't that interesting." It is extremely enjoyable when people hear about what I'm doing and we end up discussing the history of racism together. Some ask to see my articles, and in some cases, reciprocate by sharing articles that they have come across in their own readings.

My latest example of this came after my research on William Lloyd Garrison, perhaps the most famous White abolitionist. When I told a

friend what I was working on, he mentioned that he had just read an article on Cassius Clay in the Wall Street Journal (Michael Medved, Americans Should Know the Story of Abolitionist Cassius Clay, W.S.J. 6/18/21). I asked if it was about Muhammad Ali, the boxer, as I know that was his birth name. "No" said my friend. It's about Cassius Clay, the abolitionist.

I had assumed that Cassius Clay was the name of the plantation owner of Muhammad Ali's ancestors when they were slaves. I was wrong! Ali's father, Cassius Marcellus Clay, Sr. was named in honor of Cassius Marcellus Clay (1810-1903) who was the son of a prominent Kentucky slave holding family who became an abolitionist, funded an abolitionist newspaper, survived more than one assassination attempt for his views, was Abraham Lincoln's Ambassador to Russia, and helped found Berea College that opened in 1855 for students of "all kinds," including blacks and females. I didn't know that!. This led me to want to read more on Cassius Clay, the abolitionist. As often happens, the next article I read pointed to the peculiar fact that Clay continued to own slaves right up until the Civil War. This has left me puzzled, perplexed, and challenged to do more reading.

In a similar vein, I am always amazed at many peoples abhorrence

of history. I'm not sure why I am so amazed with this, as I absolutely abhorred history when I was younger based on my anxious focus on the present and the future and the dry teaching techniques used by my Junior and High School teachers. I was turned off by their over-emphasis of what I thought to be non-essential minutia and memorization. I gradually overcame my dislike and began to appreciate history more and more as the years passed. I suspect that I might be a rarity and that most never overcome their youthful dislike based on the reality that when I mention early civil rights leaders, many people say they've never heard of them. For most of the AADCAP members, I suspect their civil rights history begins with their first encounters with it through the newspapers, radio, TV, and their families. History begins with the current events we grew up with and lived through. My first memories were in the 1950's and 1960's with the Little Rock School desegregation, the March on Washington, the lunch sit-in's, the Freedom Riders, the leadership and assassination of Martin Luther King, and subsequent race riots. Subsequent readings have rearranged these seemingly fuzzy, disparate, and disjointed events into a more understandable narrative over time.

(continued on page 7)

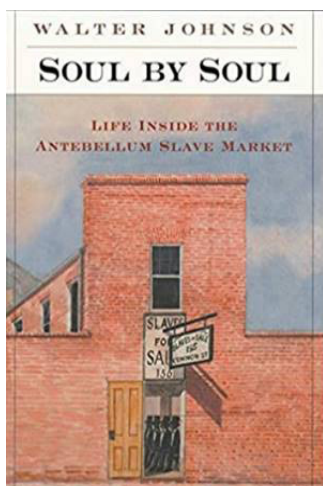
(continued from page 6)

Such “lived” experiences are not available to subsequent generations. I learned this lesson when I visited the excellent Civil Rights Museum in Birmingham with my daughter Emily, who was born in 1983. As we went through the varied exhibits, she kept staring at me. When I asked her what her stares were about, she answered, “I just realized that you

lived through this.” I answered, “yes,” to which she responded, “I thought this was before you were born.” “Nope,” I answered. I suspect history for the present generation now coming to maturity will begin with their shared history of current events like Michael Brown’s death in Ferguson, Missouri, George Floyd’s death in Minneapolis, and

the Black Lives Matter Movement. I hope, but am not overly optimistic, that a love of history will allow them to put their lived experiences in the context of past historical events that go back hundreds of years. I hope that my contributions to this Newsletter will allow such a contextualization to occur for the members of the AADCAP.

BOOK REVIEWS

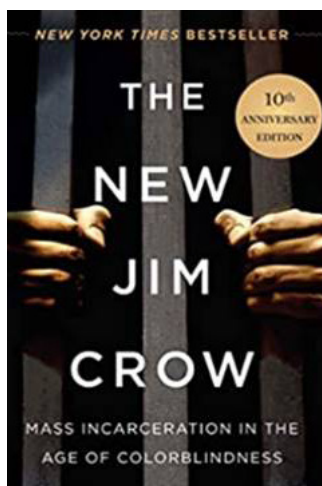


Soul by Soul (2019)

This book, which is over twenty years old at this point, was suggested to me by a professor of history after she heard of my project of writing a set of book reviews of racism and its history. She complimented the book on its elegant writing and its goal of trying to explain slavery and Southern culture through the microcosm of the slave trade and the slave markets where the sales were transacted. Johnson focuses on the slave market in New Orleans.

The process is imbued with the chattel principle, which is a legal term for “movable,” property. The slaves were considered chattel and were treated

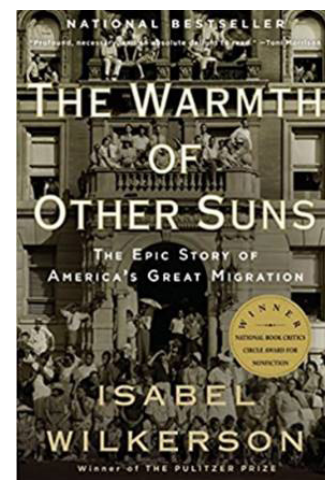
(continued on page 10)



The New Jim Crow: Mass Incarceration in the Age of Colorblindness (2010)

Ibram X. Kendi refers often to the book: *The New Jim Crow: Mass Incarceration in the Age of Color Blindness*, which was written by Michelle Alexander, a civil rights lawyer. This historical book details the inequalities in the criminal justice system that have led to “social control” and the mass incarceration of blacks (and other minorities) and to socio-economically disadvantaged

(continued on page 11)



The Warmth of Other Suns (2010) *(written before her book “Caste”)*

Isabel Wilkerson won the Pulitzer Prize for her book *The Warmth of Other Suns: The Epic Story of America’s Migration*. In this book she tells the story of the great and underreported migration of 6 million Blacks from the Jim Crow South to the Northeast, the Midwest, and the West. The migration began in 1925 and spanned 3 generations until the early 1970. Over this period of 50 or so years, the South went from having 90% of the Blacks in American

(continued on page 11)

2020 Fall Meeting *(continued from page 5)*

– perhaps even more so than in person meetings. Nothing can replace the camaraderie of coming together in the same place, but the virtual platform has facilitated learning, sharing and connection for us through the pandemic.

Registration is required! Member Rate: \$100

Rising Stars/Colleagues: Free

(please contact Earl Magee, info@aadcap.org)

Members, please register at https://us02web.zoom.us/webinar/register/WN_HJE3JdVaS26K242OrEML5w The deadline is October 17.

REGISTER NOW and we'll see you at the meeting!

New Division Directors Roundtable: September 24



Marty Drell, MD



Victor Fornari, MD



Meg Benningfield, MD

Once again, AACAP is hosting our annual New Division Director's Roundtable (NDDR) is scheduled for Friday, September 24 from 2:00 - 4:30 p.m. Eastern. Once again Mary Drell, MD, Victor Fornari, MD, and Meg Benningfield will moderate the event with President Martini hosting. The moderators have updated their materials to make it more relevant and modified with respect to the COVID-19 pandemic. Members with three or less years as a division director

have been invited to attend, although all members are welcome. Registration is required and can be completed at [click here](#).

Please visit the NDDR webpage: http://www.aadcap.org/new_division_directors_roundtable_nDDR.aspx to view past years' materials and videos.



IN MEMORIAM



James C. Harris, MD
1940–2021

*by James B. Potash, MD
and John V. Campo, MD*

James C. Harris, MD, passed away in April after 50 years at Johns Hopkins as a distinguished clinician, educator, scholar, investigator, and advocate. Jim was Professor of Psychiatry and Behavioral Sciences, and of Pediatrics, former Director of Child and Adolescent Psychiatry, founding director of the Developmental Neuropsychiatry Program at Hopkins and Kennedy Krieger Institute, and a beloved mentor to many of today's leaders in pediatric psychiatry. He was also a proud member and then fellow of ACNP, and on the organization's ethics and history committees.

While psychiatry director at Kennedy Krieger, Jim championed specialty clinics in developmental neuropsychiatry, and conducted research on self-injury among patients with Lesch-Nyhan syndrome and other disorders. His many contributions to the field include serving as lead author of the DSM-5 criteria for intellectual

(continued on page 13)

President's Message *(continued from page 4)*

spring with participation from Drs. Ujjwal Ramtekkar and Shabana Khan from AACAP's Telehealth Committee. Registration is FREE!

AADCAP will again work with AACAP to schedule a fall session, hopefully in person, that will focus on continuing education for membership. AADCAP committees will choose the topics and presenters based on issues that are most relevant to child and adolescent psychiatry leadership in 2021. We welcome suggestions from membership and include the names of committee members in the newsletter so that you can more easily share ideas and participate in the process. I look forward to the coming year and the opportunity to work with such an outstanding group of professionals.

I recognize that these are extraordinary times with issues that affect not only healthcare, but also all of American society. As Directors of Child and Adolescent Psychiatry, we are in a position to bring about change in ways that will improve the quality of care that we provide for children and families in an environment that is productive and supportive for staff and trainees. Our objective at AADCAP is to help you meet these goals while addressing the multiple challenges that you face along the way. The Executive Committee invites your participation and welcomes your input.

Best Regards,

D. Richard Martini, MD
President

Continued from page 5

Work Group on Racism and Health Disparities: Update

#4 is development of diverse research scholars who will increase knowledge on the impact of disparities as well as evidence for treatments with diverse populations. The work group will develop a toolkit for division directors and strategies for engaging home institutions and establish liaisons with underrepresented populations' organizations.

The work group plans to: 1) Provide AADCAP members with tools for creating an inclusive professional community, fostering diversity, equity and inclusion in workforce recruitment, retention, and promotion; 2) Improve health

equity and equality through clinical practice and research strategies, and increase awareness of youth mental health disparities for BIPOC and other minoritized youth

AADCAP will form partnerships with other organizations (i.e., NIMH) to further our ability to address these national issues.

Compiling content for the website is currently in progress as well as developing a toolkit.

The work group consists of: Drs. Cheryl Al-Mateen, Marty Drell, Tony Guerrero, Maria McGee, Andy Pumariega, Sandra Sexson, John Walkup, and Charley Zeanah.



AACAP
68th Annual Meeting

October 18-30, 2021

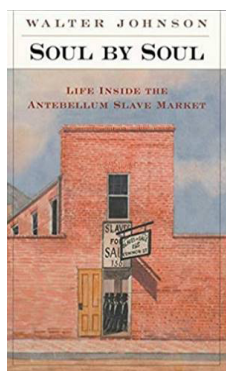
Virtual via Zoom

*For more information,
visit [AACAP's meeting page](#).*

**AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY**

BOOK REVIEWS

(continued from page 7)



as commodities to be bought and sold. The slave markets were where many of these transactions occurred. The transactions were complex and involved the slaves, the sellers and buyers of the slaves, their families and friends, the slave traders, and the state, which sanctioned, monitored, regulated, and taxed these activities. Johnson draws on accounts and records from all these participants to construct his narrative. He comments on the differing self-interests and subjective perspectives of each group. He notes ironically that the State records of legal proceedings when there were “after sale” disputes, are among the most detailed and objective.

The book is well written, but difficult to read, as it is very uncomfortable considering human beings as property. I found myself constantly distancing myself from the material. It is sadly helpful if one thinks about “horse auctions” and all the knowledge and skills needed to choose a fine specimen. The book does not allow such distancing to continue indefinitely, as Johnson clearly and extensively documents that the slaves were all too human victims in an all too inhuman process.

The author has separate sections on the roles, rules, and knowledge of each of the parties involved. He highlights the paternalistic nature of the transactions. He notes how the act of owning a slave

was a ticket to a better life. To own a slave instantly made you a “Master.” To own a slave allowed you into a fantasied stratum of society complete with privileged access, honor, and position. My association was to becoming member of a prestigious country club.

Likewise, the slave traders were best understood by me as “used car salesmen” who were not above deception or chicanery to promote their merchandise and to optimize prices. The book goes into detail as to how the traders would feed and rest the slaves, clothe them, accentuate their selling features, and omit key information concerning any physical afflictions they might have (STD, broken bones, and infections, such as tuberculosis).

Such selling tactics set up a “buyer beware” situation that forced the buyers to be as savvy as possible concerning their ability to pick the “right slave.” This led to books and self-help manuals and a common language on the buying and selling of slaves. It was important to view the slaves and to check for information that the trader might be covering up. One needed to check the teeth and mouths for tell-tale signs of physical maladies. Doctors were involved in this process. It was also important to check for whip marks that might indicate the slave was lazy or had a bad attitude. Age, weight, gender, and skin color were all observed and standardized. The process was further complicated by what positions the buyers were hiring the slaves for. Different qualities were needed for city work, for field work,

for house work, for skilled positions (carpenters, barrel makers, iron smiths, etc.) or to meet the sexual desires of the master or members of the Master’s family. The qualities needed also differed depending on what crops were being raised. For instance, the work on sugar plantations differed greatly from that on cotton plantations and was more dangerous.

Just as the buyers and traders sought information, the slaves also sought to gain advantage. To do so, they communicated with one another for any information that might improve their lot. They sought information on where the buyers lived. For instance, to work on a more dangerous sugar plantation potentially greatly diminished one’s lifespan. The slaves also knew that to be farther North made it easier to escape to freedom in the Northern States or Canada. They also wanted information about their families that they had been separated from that other slaves who were transported the market in groups called “coffles” might know.

As mentioned earlier, much information, especially the testimony of slaves, was gathered as part of court proceedings held by owners who were not satisfied with the sale for whatever reasons. This seemed to fit comfortably under Tort Law that compensates victims for unsafe or defective products due to negligence, reckless, or intentional acts of wrongdoing. Again, we return, once again, to the cruel realities of chattel slavery. In this regard, I uncomfortably found myself distancing by thinking

(continued on page 11)

BOOK REVIEWS

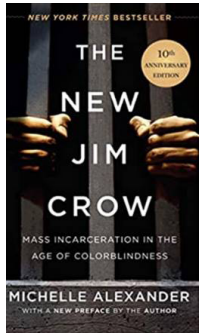
(continued from page 7)

about the return lines at department stores after Christmas.

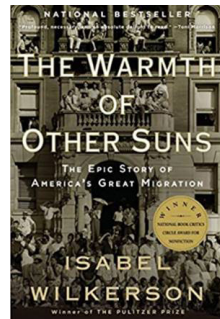
Soul by Soul details the system of chattel slavery and all of the persons caught up in it. It describes

in detail a human process that is built on the premise that slaves are property. Johnson, in this extremely psychologically minded book, shows just how human the slaves were while being confronted

with inhumanity. It eloquently details a complex and pervasive aspect of Southern life at that time, and shows why it has proven very difficult to dismantle over the last 160 years.



populations. She clarifies that these incarcerations and the felony status that accompanies, deprive blacks of their freedom, their economic and housing opportunities, their voting rights (n.b., part of larger voter suppression plans) and other civil liberties. The impact of these incarcerations on families have left a legacy that has impacted generations of children, adolescents, and young adults. She explains the concept of Jim Crow, which she defines as state and local statutes that legalize and legitimized racial segregation and inequality, which date back to the Reconstruction Era that followed the Civil War. She shows how each advancement in opportunities for blacks has been followed by new discriminatory policies. The book highlights the Civil Rights Movement and its impact on Jim Crow, the War on Drugs with its harsh sentences for drug offenses, and the subsequent changes in police policies and their part in what she refers to as a “racist system of control.”



to having 50% of Blacks not in the South. The migration continued due to conditions in the South and opportunities opening in other parts of the United States due to industrialization, often spurred the war effort.

She highlights the different values between those that remained in the South and those who chose to emigrate. She illustrates the latter group through the life stories of three Blacks who left in three different decades. The three include: Mae Brandon Gladney, a share cropper’s wife who left Mississippi for Chicago; George Swanson Starling, a college graduate who was unable to pursue higher education and subsequently ended up in performing agricultural work picking citrus fruits in Florida. When he tried to organize the other “pickers” to advocate for higher wages, he was told that he was going to be lynched and so left for New York City; and George Swanson Starling, a Korean War Surgeon who was not allowed to practice surgery in Monroe, Louisiana,

which subsequently led to him migration to California in search of improved prospects.

Wilkerson goes in to great detail showing the considerable hardships that awaited those that left. Despite the prospect of increased opportunities, they were not always welcomed with open arms. Many protested and resisted their arrival and felt that they were in competition for their jobs and/or that their presence would, through the process of supply and demand, drive down wages. She makes it clear though that despite these hardships, that there were more opportunities “Up North” or in the Midwest or “Out West.” She laments the suffering incurred by lack of opportunity for Southern Blacks caused by discrimination, which she further elaborates on in her follow-up book: Caste (reviewed in the AADCAP Spring News). She highlights the impact of the great migration on the overall culture of the U.S. I especially appreciated her section on the migrations influence on music, especially Jazz and Motown.

A Brief History of Frederick Douglass with Quotes

Frederick Douglass was a Black social activist, abolitionist, preacher, orator, politician, newspaper editor, writer, and diplomat. He was born into slavery in Maryland in 1818 and remained a slave for twenty years before escaping North to freedom. After a stay in Baltimore, he moved to several Northern cities such as New Bedford and Lynn, Massachusetts. He worked with William Lloyd Garrison, a pre-eminent White abolitionist. He wrote articles for Garrison's Newspaper, *The Liberator*, and went on speaking tours with him that were sponsored by his Massachusetts Anti-Slavery Society and American Anti-Slavery Society. By doing so, he quickly became a national leader of the abolitionist movement due to his oratorical prowess and many writings that included no less than three versions of his autobiography. The reality and brutality of his stories, as well as his many skills and achievements, provided a narrative authenticity that could not be equaled by Northern White abolitionists. He's very existence belied the portrayal of Black's at that time as intellectually deficient. After the publishing of his first autobiography titled: *A Narrative of the Life of Frederick Douglass, An American Slave*, which became a best seller, he became the most famous Black in America. This status led to his being vilified and threatened by the many forces that wished to maintain slavery. Fearing for his life, he fled to London for two years where he felt truly free from the many manifestations of racism for the first time. He was honored in England as a celebrity. After his return to the U.S. in 1847, he soon parted ways with Garrison over issues of strategy and moved

to Rochester, NY to start his own newspaper, the *North Star*, which was partly funded by his abolitionist friends and admirers in England. The *North Star* was named for the North Star that guided runaway slaves to freedom in the North. It should be noted that his home in Rochester was used as a station stop on the underground railroad for runaway slaves headed to freedom in Canada.

In 1838, Douglas married Anna Murray, a free black woman of color in Baltimore. She assisted Douglas in his escape from Baltimore to Massachusetts where they were married. They were married for forty-four years. They had five children, two of whom assisted their father in the preparation of the *North Star*.

Douglas remained a true believer in equal rights for all and hence, was an early supporter of women's suffrage. He was the only Black at the 1848 Seneca Falls Convention that is considered the first women's rights convention. Douglas was involved in the creation of and maintenance of several organizations that promoted equal rights for Blacks and Women. He became the first Black nominated for National Office when he was the Vice President on the Equal Rights Party's ticket during the 1872 National Presidential Election.

Douglas was an early advocate for the recruitment of Blacks into the military before this was permitted during the Civil War. When Black recruitment became policy, two of his son's enlisted and saw action. As another example of his prominence was, in 1863, in the midst of the Civil War, Douglass

made an uninvited trip to the White House and was permitted a meeting with President Abraham Lincoln.

At the end of the Civil War, Douglass continued to speak for the rights of Blacks and all peoples. He knew that the emancipation proclamation, the end of the War, and even the 13th, 14th, and 15th Amendments to the U.S. Constitution would not assure the end to Civil Rights injustices and discrimination. The problems with Reconstruction and Jim Crow proved him to be unfortunately correct.

Douglass ended his life wealthy. He sought a government position and was later appointed to several positions including Marshall of the District of Columbia. He was ultimately appointed Minister to Haiti in 1889 by President Benjamin Harrison.

Shortly after the death of his first wife in 1884, he remarried Helen Pitts, a white woman who lived nearby Douglas' home in D.C. (Cedar Hill) that he moved to in 1878 from Rochester after his house there burned down in what was thought by many to have been an act of arson. Helen Pitts was well educated (Mt. Holyoke), a suffragist and a colleague, who was twenty years his junior. She became his administrative assistant before they married. Their relationship was extremely controversial. Both of their families and the vast majority of Blacks and Whites were against their union. Such strong feelings further emphasized that there were still significant racial prejudices to be dealt with. He and Helen lived at Cedar Hill until he died in 1895 from a stroke at age seventy-eight. Helen worked diligently after

A Brief History of Frederick Douglass with Quotes

his death to create the Frederick Douglass Memorial and Historical Association at Cedar Hill that honors and preserves his legacy. She died in 1903.

Quotes:

- It is easier to build strong children than to repair broken men.
- Power concedes nothing without a demand. It never did and it never will.
- If there is no struggle, there is no progress.
- What to the slave is the 4th of July? (Note: Douglass would have approved of the New Federal Juneteenth day holiday.)
- Those who profess to favor freedom, and yet depreciate agitation, are men who want

crops without plowing up the ground.

- We have to do with the past only as we can make it useful to the present and the future.
- The soul that is within me no man can degrade.
- I prefer to be to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.
- The white man's happiness cannot be purchased by the black man's misery.
- To suppress free speech is a double wrong. It violates the rights of the hearer as well as those of the speaker.
- No man can put a chain about the ankle of his fellow man without at last

finding the other end fastened about his own neck.

- The life of a nation is secure only while the nation is honest, truthful, and virtuous.
- Some know the value of education by having it. I knew its value by not having it.
- Freedom is a road seldom traveled by the multitude.

REFERENCES:

1. Frederick Douglass: Wikipedia. Retrieved from https://en.wikipedia.org/wiki/Frederick_Douglass.
2. Bell, R. (2020). Lecture 23: Frederick Douglass and Aggressive Abolition. American's Long Struggle Against Slavery. Chantilly, Virginia. The Teaching Company.

Continued from page 8

Remembering James C. Harris, MD

disability. He was a passionate and inspiring advocate for people with developmental disabilities, and his many roles included serving on the President's Committee for People with Intellectual Disabilities during the Clinton administration.

Dr. Harris was the recipient of virtually every important national award honoring contributions to the psychiatric care of youth with neurodevelopmental disorders. A prolific writer, he authored several important books. Most notably, his award-winning Developmental Neuropsychiatry text helped establish that field as a specialty. Jim was intensely devoted to the

academic enterprise, and when he called one of us (Dr. Potash) to say he was gravely ill, he also conveyed his fervent desire to continue to be productive. His unflagging commitment to his life's mission was deeply moving. He did, in fact, succeed in completing the second edition of Developmental Neuropsychiatry in just the last week of his life.

Described as a polymath by his longtime friend and colleague Dr. Joseph Coyle, Jim served as section editor for the Archives of General Psychiatry's Arts and Images in Psychiatry, where his contributions were nothing short of sublime. In

this role, he chose paintings for the cover of the journal and wrote erudite essays that wove insight into the art together with reflections on the mind and mental illness. In one, he focused on a painting and its connection to Shakespeare's *The Tempest*. This play, written near the end of the Bard's career, includes these lines:

Our revels now are ended. These our actors, as I foretold you, were all spirits and are melted into air, into thin air: ...We are such stuff as dreams are made on, and our little life is rounded with a sleep.

There is irony here, as the speech describes the evanescence of a
(continued on page 14)

Remembering James C. Harris, MD

theatrical production, which might metaphorically be extended to a career, and a life. But of course, we are reading this work 400 years later, proving there is nothing little about some lives, and that spirits do not melt away, but continue to reverberate through time. Jim Harris was keenly aware of the power of writing and of the long-term impact of an academic medical career. He worked doggedly to burnish the legacy of Dr. Leo Kanner, penning wonderful appreciations of his one-time Hopkins professor, the discoverer of autism. All of us will certainly remember Dr. Harris, whose revels may have ended, though his spirit remains vital.

